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RESOLVE TO BE READY IN 2006

ONE MONTH AT A TIME

Indianapolis – As people begin to contemplate their new year's resolutions, the Indiana Department of Homeland Security (IDHS) asks Hoosiers to consider resolving to take steps towards personal preparedness in 2006.

"Over the past year, we witnessed numerous disasters across the world and in our own back yard. From hurricanes to earthquakes to bombings, 2005 proved there is no location immune to the wrath of nature or a senseless act of destruction," said J. Eric Dietz, IDHS Executive Director. "We cannot stop the occurrence of some of these events but we can take steps to lessen their impact. Every citizen must take it upon themselves to ready their families, homes, businesses, communities and schools for any disaster, natural or human caused."

In order to attain a high personal preparedness level without the stress of doing so all at once, IDHS suggests Hoosiers consider taking on one preparedness purchase or activity a month. These may include:

- Purchasing a NOAA Weather Radio and extra batteries
- Enrolling in a CPR or first-aid class
- Purchasing and/or testing smoke and carbon monoxide detectors
- Purchasing fire extinguishers for the kitchen, garage and car
- Purchasing a camp stove with extra fuel
- Building a disaster kit for the home, office, dormitory and/or car (first aid kits, non-perishable food, extra clothing, blankets, flashlights, bottled water, prescription medications, etc.)
- Purchasing a foldable ladder for second-story escapes
- Purchasing National Flood Insurance
- Remembering family pets by building a pet disaster kit (food, water, leashes, dishes, carrying case or crate)

Additionally, IDHS urges citizens to consider some long-term preparedness activities such as joining a local volunteer fire department or developing a safe room in their home.

"Just as important as fitness and wellness issues, resolving to prepare you and your family for an emergency is an important family concern," added Dietz. "But, ensuring you are prepared to meet immediate needs in the event of a disaster might mean the difference between survival and suffering more so than losing those few extra pounds."

Additional information and preparedness tips are available at the U.S. Department of Homeland Security's READY.GOV website located at www.ready.gov.

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